

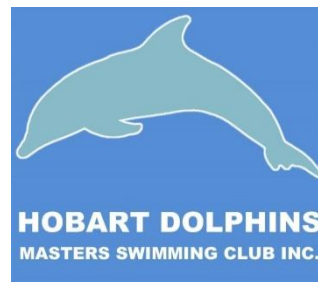
HOBART DOLPHINS MASTERS SWIMMING CLUB INC

Swimming together since October, 1985

Phone: 0438629160

<https://www.facebook.com/hobartdolphins>

<https://mastersswimmingtasmania.com.au/clubs/hobart-dolphins-club/>

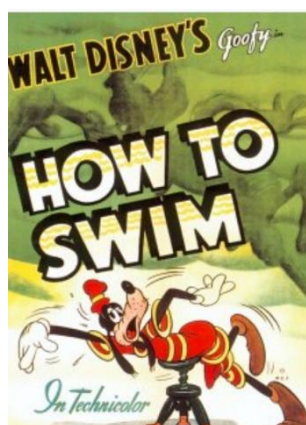


SEPTEMBER 2016

Hi Dolphins,

A rather short edition this month - seems everyone is on holiday!!

Having had a houseful of grandkids around over the last few weeks, I got to thinking about the difference between the cartoons they watch these days, and how they see Peppa and family "learning to swim" as compared to our younger days when Goofy showed us how it was done on a piano stool (and in technicolor)!!



But after three weeks of child-sitting while my daughter headed to Canada and America, guess what I become???

... Can't wait to get back into the pool for some quiet time soon!

Cheers,

Fiona



IN THIS NEWSLETTER

- September Calendar
- President's Suite
- Birthdays
- Open Water Challenge
- New State Records
- MST News
- SCLD Championships
- The hardest part of swimming
- Noticeboard

REMEMBER: After training breakfast
Saturday 5th September – Spencers in
Lindisfarne.



Training times and venues

SATURDAYS 8-00am at Clarence pool, cost \$10 using Club 10-pass card, purchased from Pia.

SUNDAYS, 10:00am at Clarence, cost \$10, also with Club 10-pass card, all welcome.

THURSDAY evenings 6.30 at Clarence. Please pay for casual swim on entry to pool. Steve will provide programs in a public lane

WEDNESDAYS AND FRIDAYS – Morning Open Water Swims, Bellerive Beach (Check What'sApp for times)

REMEMBER: Please arrive in time to have your Pass Card clipped by the committee member on duty. Also – come early on Saturdays so you have time to stretch and warm up!

SEPTEMBER CALENDAR



Wednesday 2 nd Sept. (?am)	Bellerive Beach – Open Water Swim (CHECK WhatsApp)
Thursday 3 rd Sept. 6.30 pm	Clarence Pool
Friday 4 th Sept 8.30 am	Open Water Swim – Bellerive Beach
Saturday 5 th Sept. 8.00 am	Clarence Pool
Saturday 5 th September (After training) Breakfast at Spencer's, Lindisfarne	
Sunday 6 th Sept 10.00 am	Clarence Pool
Wednesday 9 th Sept. (?am)	Bellerive Beach – Open Water Swim (CHECK WhatsApp)
Thursday 10 th Sept. 6.30 pm	Clarence Pool
Friday 11 th Sept 8.30 am	Open Water Swim – Bellerive Beach
Saturday 12 th Sept. 8.00 am	Clarence Pool
Sunday 13 th Sept 10.00 am	Clarence Pool
Wednesday 16 th Sept. (?am)	Bellerive Beach – Open Water Swim (CHECK WhatsApp)
Thursday 17 th Sept. 6.30 pm	Clarence Pool
Friday 18 th Sept 8.30 am	Open Water Swim – Bellerive Beach
Saturday 19 th Sept. 8.00 am	Clarence Pool
Sunday 20 th Sept 10.00 am	Clarence Pool
Wednesday 23 rd Sept. (?am)	Bellerive Beach – Open Water Swim (CHECK WhatsApp)
Thursday 24 th Sept. 6.30 pm	Clarence Pool
Friday 25 th Sept 8.30 am	Open Water Swim – Bellerive Beach
Saturday 26 th Sept. 8.00 am	Clarence Pool
Sunday 27 th Sept 10.00 am	Clarence Pool
Wednesday 30 th Sept (?am)	Bellerive Beach – Open Water Swim (CHECK WhatsApp)



From the Presidential Suite:

Welcome to Spring! 🌻 🌻 🌻

With longer days, a bit more sunshine and the daffodils beginning to pop up, it's that time of year where many of us emerge from our winter slumber and start feeling more energised and excited for the seasons ahead. I know I do! This is my favourite time of year.

However, this last winter month has been busy. We have seen fantastic efforts, results and volunteering by our club at the long course, long distance recently. Well done to everyone that competed and especially to those that braved multiple races! A special mention to Laura who entered her first long distance race, and Elisa, Fiona Z and Lana for their records. Congratulations to all of you.

A huge thankyou to Steve and Di, who set up and organised us with the new timing system, Megan and Auro for officiating turns and to all our volunteers that were timekeepers. Your support was appreciated and testament to the top bunch you are!

This month we have seen many new faces at Saturday training and I would like to welcome to our 2 new members, Linda and Sam. It's great to have you in our pod!!

I look forward to seeing you at BBQ breakfast on Saturday and getting time to have a chin wag outside of training.

Enjoy the fabulous newsletter!

Take care and see you poolside.

Annaliese 😊



HAPPY SEPTEMBER BIRTHDAYS

AMANDA DUGGAN 24TH SEPTEMBER

LANA EGAN 15TH SEPTEMBER



Last month.... Still over 4 weeks....



The Dolphins Open Water Winter Challenge 2026

A great new winter challenge to test your resilience in cold waters and motivate open water swimming

Eligibility: Masters Swimmers and their friends.

The Challenge: Participants complete the challenge between **1st April 2026** and **30th September 2026**.

All swims must be undertaken in open water (ocean, river or lake). At least 80% of the total distance must be swum in Tasmania. This year the Challenge will be again based on a points system rather than distance alone

- Base points are awarded for the distance swum,
- Bonus points are awarded based on the variety of swim locations

Minimum swim distance: 500 per session.

Distances options:

- | | | |
|--------------------------------------|---------|------------------|
| • Port to Pub Rottneest Channel (WA) | = 25 km | 10 points |
| • Naples to Capri (Italy) | = 35 km | 20 points |
| • New Norfolk to Dennes Point (TAS) | = 58 km | 30 points |

Bonus points (Location variety)

Earn bonus points by swimming in different environments:

2 different beaches 1 river 1 lake 1 lagoon 1 channel 1 island swim

Bonus structure

- 2 location types **+5 points**
- 3 location types **+10 points**
- 4 or more location types **+15 points**

Examples

- | | |
|---|----------------------------|
| • Swim 25 km including 2 beaches + 1 river | 10 + 5 = 15 points |
| • Swim 35 km including 2 beaches + river + lake + island | 20 + 15 = 35 points |
| • Swim 58 km including beaches + river + island → | 30 + 10 = 40 points |

Awards

- **10+ points:** Patch and year badge
- Additional awards for **25+ points** and **35+ points**

How to Participate

Record your swims (distance, date, location) using the log sheet:

<https://mastersswimmingtasmania.com.au/clubs/hobart-dolphins-club/events/>

Submit your completed log sheet to: auro.almeida@gmail.com

Deadline: 10 October 2026

You are encouraged to submit as soon as you complete the challenge.

Distance tracking: We recognise that not everyone uses a GPS watch. Distances will be based on honesty. Many popular swim locations have known distances - please ask if you need guidance.



----- 25 km -----



----- 35 km -----



----- 58 km -----

Disclaimer: This challenge is not a sanctioned Masters Swimming Australia event. Swimmers are responsible for their own safety when taking on the challenge. Where possible swimmers should swim with another person or at a minimum have someone overseeing their swim. Be aware of ocean conditions and how your body reacts to cold water.



CONGRATULATIONS

Three of our mighty swimmers set new Tasmanian Records in the recent Long Course Long Distance Championships at the Hobart Aquatic Centre. Congratulations to **Elisa McMillan** (400m BA 30-34 yrs), **Fiona Ziegeler** (400 BA 65-59 yrs) and a mighty effort by **Lana Egan** who scored her first Tasmania Record in the gruelling 800m Individual Medley (35-39 yrs)....so that's 200m of every stroke!! Well done champs!!



Elisa McMullin,



Fiona Ziegeler



Lana Egan



Thanks go to all our members who helped with officiating and timekeeping at the LCLD race meet – particularly coach Steve who was our Meet Director for the event

CONGRATULATIONS MEGAN....

One of the first three MSA coaches to qualify for the new Advanced Coach Qualification!

Masters Swimming Tasmania News:

The Hobart Dolphins were recently very well represented at a Planning Meeting held by Masters Swimming Tasmania in Campbell Town. Planning is now underway to consider the way forward for the organisation towards the vision shared by those at this planning day. So – those who attended this meeting could see value in maintaining Masters Swimming Tasmania as a separate entity to other states (ie, preferable not to amalgamate with MS Victoria). So now the challenge lies ahead for MS Members to work out HOW to make things work so that MST remains a strong, viable and productive organisation that can continue to support Masters Swimmers across our state. If you are interested in helping the organisation, see the current (but temporary) President, Megan, or any of our delegates or representatives... Steve, Auro, Di, Lorna or Fiona R. This is the latest draft of the Plan on a Page where you can see where MST is aiming! It is open to further discussion, so any input is welcome!

Strategic Plan 2027 – 2030

Towards 2030



Vision	Masters Swimming Tasmania will inspire and support adults in Tasmania to swim for life.			
Mission	To facilitate a network of clubs in Tasmania that encourage and sustain adults, regardless of ability, to swim regularly, to improve their general well-being.			
What we do	We provide a supportive, safe, inclusive and friendly swimming environment.	We promote fair play and positive participation in swimming.	We train with the option of participating in swimming competitions.	We engage socially with members and friends.
How we operate	• By encouraging participation in swimming by all adult Tasmanians to improve health and fitness. • We are a not-for-profit community-based sporting association and member clubs. • We uphold the highest standards and ideals of fair play, competitive spirit and camaraderie amongst our members, with members of our community, and with our clubs. • By working with like-minded swimming organisations and sporting groups to promote healthy lifestyles, participation and inclusion. • And we regularly evaluate our performance.			
Strategic pillars	1. Membership, People Development and Volunteer Sustainability		2. Technical Officials and Coaching Pathway	
	3. Competition and Format Modernisation		4. Marketing, Digital Presence, and Partnerships	
	5. Financial Stewardship		6. Governance	
	7. Strengthening Communication and Connection			
Values	Our values of fun, fitness, friendship, integrity, collaboration, respect, and community will underpin decision making, by helping us to evaluate and prioritise initiatives.			
Towards 2030	By 2030, Masters Swimming Tasmania will be Tasmania's leading organisation for adult swimming, recognised for its professional operations, diverse and growing membership, and strong volunteer and officiating capability.			

SEPTEMBER IS QUIET.... BUT LOOK OUT FOR OCTOBER

OCT October 10 @ 8:00 am - October 17 @ 5:00 pm AEDT

10 2026 Alice Springs Masters Games

OCT 1:30 pm - 5:30 pm AEDT

17 2026 MST Short Course Long Distance Championships

Launceston Leisure and Aquatic Centre

Launceston

More details
available from the
Masters Swimming
Tasmania website:

<https://mastersswimmingtasmania.com.au/>



31st SHORT COURSE LONG DISTANCE CHAMPIONSHIPS

Saturday, 17 October 2026

Launceston Aquatic Centre

High St Launceston TAS 7250



Program

Warm up: 1:30 pm for 2:00pm start with an expected finishing time of 5:30pm.

Event 1	1500 Metre Freestyle
Event 2	800 Metre Freestyle
Event 3	400 Metre Freestyle
Event 4	400 Metre IM

Time drops timing system (SAT) will be used, and warm up/swim down lanes will be available.

Entry Fee

\$16 registration plus \$6.00 per event (includes pool entry)

Conditions of entry

- Competitors may enter **two** individual events.
 - Form strokes or medley strokes may be swum – please indicate this in the **Notes Section** on the entry form when registering online. **Note:** the 400IM is an independent event to comply with the requirements of World Top 10.
 - Swimmers registered for two events may be limited to one event on the day at the discretion of the Meet Director due to time constraints. Refunds will apply in this situation.
 - Event will be heat seeded slowest to fastest.
 - Age as 31st December 2026.
 - Rules of MSA as at the closing date of entries apply.
 - All competitors must be registered with MSA at the time of entry.
 - No changes to entries or refund of entry fees after the close of entries, except at the discretion of the Meet Director.
 - Swimmers are encouraged to provide their own person to count laps (if required). Lap counter flip boards will be available.
-
- **Note to Clubs.** Participating clubs are requested to provide timekeepers and lap counters.

Entry Procedures

- Entries will open online on 24 August 2026 at 11.59am and close on Monday 12 October at 11.59pm. The draft program will be emailed to competitors on Tuesday 13 October and posted on the MST website.

[2026 MST Short Course Long Distance Championships](#)

Parking at the pool

Memorial Hall / Bowls Club, \$2.00 per 3 hours, \$4.00 per 6 hours, Monday to Sunday 9am- 5pm

Leisure and Aquatic Centre, \$1.00 per 90 minutes (90 minute limit), Monday to Sunday 9am - 5pm

High Street off-street parking spaces, FREE parking: Saturday, Sunday

Entry to the pool

Entry to the pool will be via the gate entrance at the Western end of the pool complex adjacent to the Windmill Hill Memorial Hall. Signs will be in place to guide you.

How true!!



The hardest distance in swimming isn't always the first 50 metres...

Sometimes, the hardest distance is from where you are to the front door.

When you're tired, your day has been long, and your mind is overloaded, getting your gear together and heading to the pool can feel harder than the workout itself.

But here's the strange part:

You rarely regret going.

You may regret the sessions you skipped...

but you'll rarely regret the ones you showed up for, even when you had almost no energy.

Because water has a remarkable way of changing your state of mind.

You get in carrying the weight of an entire day on your shoulders...

And a few laps later, your world becomes much simpler:

Breath.

Movement.

Rhythm.

And with every metre, what felt so heavy before somehow starts to feel lighter.

That's why you shouldn't wait until you're "in the mood" to swim.

Go when you're motivated.

Go when you're tired.

Go even on the days when you feel like you have nothing left to give.

It may not be the best workout of your life...

But sometimes, the greatest victory in training is simply not letting a difficult day make the decision for you. 🌊🌊

NOTICEBOARD

Don't forget..



- **Breakfast on 5th September – Spencers in Lindisfarne**
- **October 17th – Launceston, Short Course Long Distance Championships**
- **November 12th – Gold Coast. Pan Pacific Masters Games (details <https://mastersgames.com.au/>)**

Watch out for more details coming:

- **Christmas Party and Award Presentations
December – Waterworks Reserve**
-
- **MST Oatlands Race Meet**